

slice

The latest in baking industry news proudly brought to you by BIANZ

Issue 41 March 2019

Slice is ten years old



The great New Zealand hot cross bun



Slice is proudly brought to you by BIANZ, providing the latest in baking industry news from across New Zealand

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 **BAKELS**



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Gareth Wood show off their
prize-winning hot cross buns.
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BIANZ Partners:

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Advertisers and contributors

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Reasonable care is taken to ensure that Slice magazine articles are up-to-date and as accurate as possible at the time of publication, but no responsibility can be taken by BIANZ or Slice for any errors or omissions contained herein.



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From the president

KEVIN GILBERT KEEPS IN TOUCH



Hot Cross Bun season is once again here, and the public's attention turns to those wee fruit filled dough balls. The competition to find the best in the country was one of the most entered competitions we have run for years and it was great to see the number of new names appearing on the list challenging the old(er) guard.

The right choice

A massive congratulations to Mike, Wendy and the team at Michael's of Hillmorton (Christchurch) for winning the coveted trophy and title of Best Hot Cross in the Country. It was great to hear a comment from Gareth (a baker at Michael's) who said, "it's at times like this that you know you made the right career choice".



TV personalities Jeremy Wells and Hilary Barry get right into hot cross bun making under the watchful eye of Patrick Welzenbach at Daily Bread in Auckland.

Our relationship with TVNZ continues to grow with Mike and the TVNZ team, once again, fantastic to deal with. Having the announcement made on 7Sharp really makes it an exciting event with an instant reaction. We were also able to get Hilary Barry and Jeremy Wells (the hosts of 7Sharp) into another member's bakery to learn just some of what goes into making these kiwi favourites. Thanks to Patrick and the Daily Bread (Auckland) team for welcoming the TVNZ crew into their bakery and putting them through their paces.

The \$10 pie

Another point of interest for the media recently has been pies. More particularly the price of pies. With a café in Wellington charging \$10 for a pie (\$16 with a little garnish), the media has been questioning us on why pies have risen in price. We have pointed out the difference between the average pie today and the 'gristle and gravy' of years ago.

With the consumer wanting a meatier pie with better pastry the price needs to go up. With the price of meat and everything that goes into a pie increasing, so too must the final product. The survey later in the magazine shows the results – with even the humble mince pie reaching \$7 and averaging a little under \$5, the days of the 'cheap' pie are numbered if not over.

Information to digest

I was also invited to attend a conference in Hong Kong put on by Puratos, as they announced the findings from their four-year study

of the food industry, where it's going, what the trends are and, most importantly, what the consumer is going to be looking for from us over the next few years. The study covers 18,000 people over 80 countries, focuses on bread, cake, and pastry, and is impressively comprehensive. There was an overwhelming amount of information and ideas to process and, once I have, I will be distributing it as best I can.

In the middle

The Government seems to be setting its sights on businesses and, at times, it feels like the baking industry has their special attention. We are in the middle of two of their projects at the moment – the

development of a Workplace Emissions Scheme which will give us some of the most stringent conditions in the world, far more intense than places like Australia and the U.K.

We are, with the assistance of the NZAB and the Baking Industry Research Trust, investigating the conditions that we work in at the moment so that we know what we're working with now and can hopefully discuss with the government a rational approach to any plan put in place

Training system changes

Probably the most significant undertaking at the moment is the complete review and proposed overhaul of the Vocational

Education and Training system (VET). The is set to turn the current system of training entirely on its head and brings with it both potential benefits and issues (see "ITO reacts" on page 6).

Depending on how intense the final version of the reform ends up, there may be a simpler, more cohesive pathway for apprenticeship training matched with a more visible presence in schools or a far more complicated mess with greater expenses for both employers and trainees resulting in fewer people entering the baking industry.

We have had many and long conversations about this and asked for your input including a form of advisory group from around the country and various bakery styles. The result of all thing consulting, talking, debating and picking over details in the proposal is that we have put together a submission which ostensible says that we agree with the changes on a few, significant provisos.

We will be writing this over the coming week or so but probably too late for the printing of the magazine. We will, of course, keep you informed as this goes forward and, once we know the final format, how it is likely to affect you on a real basis.

We continue to do everything that we can to represent our industry and its combined interests as well as we can. If you would like to help us do so please get in touch. We would love to talk to you about positions available on the executive.

In the meantime, make the most of Easter and the boon for those of us that make Hot x Buns and no matter what, try and find time to relax. Sometime.

From the office

TEGHAN MEAR KEEPS IN TOUCH



Welcome to the first *Slice* of 2019! In this issue we celebrate 10 years of *Slice* with a bit of a new look.

This is always an exciting and delicious time for us as it is Hot Cross Bun season, which means our Great New Zealand Hot Cross Bun Competition.

Before I started at BIANZ I have to admit I wasn't the biggest fan of hot cross buns. This is probably due to their production starting on 26 December and running until well after Easter. However, last year I was won over by U-Bake's delicious winning hot cross buns.

Congratulations to Michaels Bakery, Christchurch for their hot cross bun win. They were inundated with orders from around the country, selling over 300 packets the day after the announcement.

Upcoming changes in tax system

Please note that there are some upcoming changes from Inland Revenue. For more information check out the Changing For You website: www.changingforyou.ird.govt.nz/

Start payday filing now

All employers will be payday filing from 1 April 2019 but if you think you're ready to start payday filing now is a great time to opt in.

Want more information? Inland Revenue's Payday Filing website has plenty of resources to help, including downloadable guides, how-to videos, checklists and links to on-demand webinars.

Register for free webinars

If you're an employer, look at the free webinars (www.cchlearning.co.nz/) about payday filing without using software. This will focus on the on-screen and paper filing methods.

Changing for you

Inland Revenue is working on some proposed changes that are currently going through Parliament <www.ird.govt.nz/transformation/individuals/bt-individuals.html> and are designed to make our tax system more straightforward. If the law changes, these are some of the things you need to look out for:

Income tax notifications

If your only income is from salary or wages, or investment income, you will receive an end of year Income Tax Assessment between mid-May to mid-July. This will tell you how much you've earned and how much tax you've paid.

Automatic tax refunds

If you've paid too much tax during the year, and your contact and bank account details are up to date in our system, you will automatically have a refund paid into your bank account.

Helping you stay on track

If it looks like you are on the wrong tax code, or are paying too little or too much tax, Inland Revenue can let you know.

Visit the [Changing for You website](http://www.changingforyou.ird.govt.nz/) <www.changingforyou.ird.govt.nz/> to find out more about the proposed changes and what they could mean for you.

There are lots of potential changes going through government at

the moment, such as the review into workplace training. Members, we will be sending these updates to you via email, if your details are not up to date please get in touch with me teghan@bianz.co.nz

BAKING INDUSTRY ASSOCIATION OF NEW ZEALAND

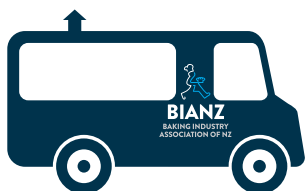
New Members

We welcome

Zest Cafe	Taupo
Kalon Digor	Auckland
Hillyers of Lincoln	Christchurch
Kookery Nook	Christchurch
Natural Abundance	Auckland
Nourished Pantry	Hastings
Sudano	Hamilton
The Pie Shop Ltd	Kumeu
Coffee Culture	Christchurch
Best Ugly Bagels	Auckland

Events calendar

What	When	Where
	9-11 September	ICC Sydney, Darling Harbour
Bakels Supreme Pie Awards competition 	Entries close 27 June, Judging 25 July, announced 30 July	National
International Baking Industry Exposition 	7-11 September	Las Vegas Nevada USA



Getting baking moving

BIANZ president **Kevin Gilbert** reports on a major new initiative.

In the latter part of last year we announced a project we are very excited about: the mobile bakery.

We know that the baking industry has been having a hard time for quite a while. Public awareness of the industry is low and the small number of people entering and staying in baking means that recruitment is difficult. This is an international issue but, while it's nice to know we're not alone, BIANZ can't fix the world's issues without first tackling our own.

Much of what BIANZ has done over the last 50 years has been directed within the industry rather than promoting the industry and craft of baking to the general public. We believe that this is no longer the best option so, while we will continue with those tasks, we will also be taking the industry to the public, aiming to inspire the bakers of the future.

With that in mind, we have, with the help of the team at Burns & Ferrall, started work on getting two mobile bakeries designed and built. The bakeries will:

- Be built on kneeling food trailers allow ready access and the ability to extend the range of options they can be used for
- Have some manufacturing capability as well as retail cabinets to showcase market-leading product
- Be designed for multiple functionality with utilities that support the widest range of equipment possible.
- Feature the latest and most innovative equipment
- Be suitable as both a classroom and as a production/retail site.
- Promote the associated bakeries in the area as well as the industry partners who are helping us bring this project to the streets.

We believe that this is an amazing opportunity to promote baking to our communities, getting people baking at home and, hopefully, inspire people to enter the baking industry.

Education

A key function of the mobile bakeries will be bringing the art of baking to schools.

We believe people can't fall in love with a trade they haven't

seen. This is our answer – bring the trade to them, in school and while they are thinking about the career ahead of them.

We also know that gluten has been getting something of a bashing over the last few years with many reports and pronouncements being either ill-informed or entirely un-informed about what both it and the baking industry are. By having these mobile bakeries at public events, we will be able to provide clarification on what the industry does, what goes into their baked products, and improve the public's perception of gluten.

Industry promotion

Recruitment into the industry continues to be a problem with few people entering and even fewer remaining. While there has been a rising number of apprentices recently, promotion of the baking industry as a career is still high on the BIANZ agenda. We believe these mobile bakeries give us a unique opportunity to do this.

By turning up at community events, career expos and food shows, we can effectively promote the industry and some of its products to a wide audience.

Assisting business

We do what we can to help but BIANZ cannot make suppliers lower prices nor make the Government lower business costs. While we have an idea for giving member bakeries access to more business – more on that later – what we can do now is to promote member bakeries, and the mobile bakeries will be equipped with screens to do just that. Each time they roll up to an event, their screens will be able to highlight BIANZ member bakeries in the area.

The units will be available for short term hire to BIANZ members so that they can make the most of marketing opportunities in their area or events where they could otherwise not have a presence.

We are very excited about the possibilities surrounding this project as, together with our brand partners, we will create world class mobile bakeries to take our industry to the people of our country.



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BAKELS

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news & views

BIANZ deals with current training issues

At the time of this magazine going to press, the BIANZ executive committee was surveying its members on the changes proposed by the government regarding VET (Vocational Educational and Training).

The association will be making a submission to the government in line with the wishes and opinions of its members as revealed by the survey. BIANZ's emailed survey outlined the issues as follows:

- The government proposes to establish a unified, co-ordinated, national system of vocational education and training. The proposals will:
 - Redefine the roles of education providers and ITOs, and extend the leadership role of industry and employers across all vocational education through new Industry Skills Bodies
 - Create an institution with the working name of the New Zealand Institute of Skills and Technology, bringing together the 16 public institutes of technology and polytechnics (ITPs) as a single entity
 - Create a unified vocational education funding system, removing barriers to collaboration and flexibility, ensuring a sustainable network of provision, and supporting the wider reforms.



ITO reacts

“We need evolution not revolution”

Industry training organisation reacts to proposed workplace training reforms

Competenz, the industry training organisation (ITO) looking after baking, says the government's proposal to reform the vocational education sector and merge ITOs and polytechnics could undermine critical workplace and apprenticeship training that is vital in addressing New Zealand's skills shortages. “The changes the government has proposed in its Vocational Education and Training (VET) review are more complex and far-reaching than we expected. It's unprecedented.

“There is no doubt the VET system needs modification and funding needs to be realigned to deliver what our industries need, but these changes are too radical,” says Competenz chief executive Fiona Kingsford. “In a time of critical skills shortages, the last thing we want is a reform that risks undermining



Fiona Kingsford

workplace training and apprenticeship programmes.” New Zealand's skills shortage is acute. The engineering industry alone will need another 12,000 engineers by 2022. If we start this reform in 2020, there's no way we're going to hit that target. Yes the system needs reform and yes we need to address the funding inequalities, but in our opinion, the VET changes are not the way to do it,” says Mrs Kingsford.

Research has shown that for every \$1 million of government investment into tertiary education, the industry training system produces 306 qualified people – people who are able to immediately contribute to New Zealand's economy – while polytechnics produce 50. “Taxpayers are getting a much better return on investment through industry training compared to other tertiary options and it is disappointing that the ITPs (Institutes of Technology and Polytechnics) have dominated the government's proposed changes.” She says Competenz currently looks after 20,000 apprentices and trainees across 3,500 New Zealand businesses.

The direct relationship between ITOs and employers is a key factor in the success of apprenticeship and workplace training. The role of ITOs is crucial and with our direct line to thousands of employers, we understand the demand for trades better than anyone else. When we surveyed employers last year, they told us that ITOs perform a critical function and need more funding. The VET goes against what industry is saying. “We need evolution not revolution,” adds Mrs Kingsford.

Wellington bakery wins a case



Wellington bakery Baker Gramercy scored a case of wine from BIANZ in the prize draw for participants in the price survey (page 24).

Teghan Mear presented proprietor James Whyte with the wine (left) at his Berhampore bakery.

Art of Cake competition

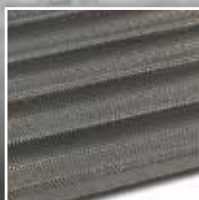
NZ Bakels is launching a national Art of Cake competition this year for cake artists.

The event is in the early stages of planning as *Slice* goes to print but it's quickly taking shape. It will have international judges, various entry levels and be part of a two-day show in Auckland with guest cake artists demonstrating their skills and ideas.

It is set for the weekend of 6–8 September.

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Tony Crump looking after bakeries

The Moffat Group is pleased to announce the promotion of long-time employee Tony Crump to the new position of National Sales Manager – Bakery.

Moffat's GM Sales / Group Export Manager Stuart Murray said significant growth and expansion across its



bakery division had led to the creation of the position.

Tony has been with Moffat for 14 years and assumed full responsibility for the performance and success of the Bakery Division of Moffat's NZ business from 1 February.

"Tony's experience and professionalism made this a great opportunity for both the business and for Tony" Murray said.

"Tony's appointment reflects Moffat's pledge to our customers before, during and after the sales process, and draws on the support of our investment in Customer Service, Technical Support and Spare Parts Department resources."

Previously the role was incorporated into the responsibilities of industry veteran Brian Davies. The restructure reflects both the business's succession planning for Brian's retirement, and the increasing importance of the bakery business.

"Our commitment to the development and expansion of the bakery business has never been stronger – and we look forward to the expansion of relationships with the baking industry".

The Moffat Group designs, manufactures and distributes a wide range of products for the Commercial Food Service industry as well as the Wholesale and Retail Bakery sector. Marketed under brands including Moffat, Turbofan, Cobra, Blue Seal, Waldorf, Convotherm, Merrychef, Friginox, Metos, Tagliavini, Bear, Paramount, Rotel and many others.

Not so free

Melbourne researchers reported in November that they had found detectable gluten in 2.7 percent of 256 commonly purchased gluten-free foods such as crackers, rice snacks, muesli bars, pasta and noodles.

Six out of the seven contaminated products had between just under five and 24 ppm (less than half a milligram per standard serve), while one pasta item had 49 ppm (just over 3mg per serve).

Repeat batches in six of the products also contained gluten, indicating the initial results did not reflect isolated episodes.

For a product to be meet the Food Standards New Zealand's definition of gluten free, it must have no discernible traces.

Bakels renames pie category in recognition of truckies and tradies

"Truckies and tradies, we're renaming a pie category in honour of you at the Bakels NZ Supreme Pie Awards! We're even going to get one of you to help judge it."

That's the word from NZ Bakels managing director Brent Kersel who says: "It's about time we

acknowledged these pie-loving hard workers. They'll eat a pie any time of day to keep them going and they sure know where the best ones are baked. They're loyal to those bakeries and they don't mind sharing the word on where to find them.

"We have it on good knowledge that steak and gravy pies rank highest for many of them, so that flavour will now be renamed the Truckie/Tradie category in the Bakels NZ Supreme Pie Awards."

What's more, NZ Bakels is giving truckies and tradies the chance to become unofficial judges by naming their favourite pie in a radio competition. Then at the Bakels NZ Supreme Pie Awards judging day, on 25 July, all will be revealed when one truckie or tradie will help judge the category named after them.

They'll also win tickets to the Bakels NZ Supreme Pie Awards on 30 July to meet the baker responsible for the ultimate truckie/tradie pie.

"The truckie/tradie pie has got to be a sustaining mobile meal that they can grab and eat on the run. Nice chunks of juicy steak smothered in rich gravy with golden pastry to hold it all together," says Brent.

He says NZ Bakels is also pleased to announce that the celebrity chef judge this year will be involved in judging the Café Boutique category for the first time.

"It is a category with some really innovative ideas coming through and our celebrity chef judge will have the latest knowledge of food trends in the dining scene.

"We see huge potential for growth in the Café Boutique category as more and more cafés move towards producing their own signature pies. In this category they don't have to produce their own pastry which means they can concentrate on making a delicious, stand-out filling.

"Last year we saw Café Boutique entries of honey cured crispy bacon with roast vegetables and spicy pumpkin sauce; venison, thyme and mushroom; chilli salsa, spinach, cottage cheese, mushrooms and garlic and even a Beef Wellington pie with steak, duxelle mushrooms, garlic, fresh thyme, duck livers, and prosciutto. But the top entry for flavour and great pastry was Ed's Coffee and Cake House with their five spice pork belly pie."

Diary dates:

May – Entries open for the 22nd NZ Bakels Supreme Pie Awards
27 June at 5pm – Entries close

25 July – Judging day

30 July – NZ Bakels Supreme Pie Awards



Best Young Bread Baker announced



An Auckland craft baker has won the 2018 Young Bread Baker of the Year Competition today, after two days of tough theoretical and practical testing.

Luke Frew, a baker at Miann Morningside, an Auckland patisserie and dessert restaurant, receives a \$10,000 research grant, which he plans to use to travel to overseas baking conferences and get further training.

Luke, who entered the Young Bread Baker of the Year Competition with some encouragement from friends, says, "I'm not usually comfortable putting myself out there, but I knew it would be an excellent way to push my boundaries and see what I'm capable of. I was glad I had entered even before I won, but now I've really got an opportunity to see how much further I can go."

The competition requires entrants to demonstrate their ability in three areas: a five-hour practical baking exercise in which they bake a variety of bread based products, a 90-minute exam which tests their theoretical knowledge of baking technology, and a presentation on a given research topic.

Judge Everard Wijdeveld says Luke put a concerted effort into the competition beforehand by doing research and reading technical books online. "It paid off because his written exam was very good, but it was in the practical that he really excelled. He came up with innovative ideas, for example, a baked bun with a custard and apple filling which looked and tasted like a deep fried doughnut."

Judging Co-ordinator Tania Watson of the New Zealand Association of Bakers says the aim of the competition is to find bakers with potential whose talents can be nurtured through mentoring and development opportunities, and to reward the best newly qualified young bread baker in the country.

"It's always good to have both plant and craft bakeries represented. Craft and plant bakers bring different strengths and challenges to the competition. The competition is a confidence builder and shows them just what they can do under pressure."

Jacob Saunders from Rolleston Bakery was runner up in the competition and receives a \$5000 scholarship. Trae Wawatai from Quality Bakers in Auckland has been invited to carry out further

training and represent New Zealand in the 2019 LA Judge Award.

Judge Grant Inns of Mauri ANZ says the diversity of entrants in the competition will ensure the group have a network of peers that they can draw on throughout -their careers. "Over the past two days, the judges have had the privilege of watching five very motivated and talented young bakers go through the challenges of the competition and present themselves at a very high standard.

"Previous winners and finalists have gone on to take up leadership roles and I'm sure this year's entrants will continue the tradition. We are very fortunate in the baking industry to have young people who are prepared to work hard and put themselves under pressure and outside their comfort zone to compete."

The Young Bread Baker of the Year is sponsored by the New Zealand Association of Bakers and is designed to promote excellence in people emerging from their training.

About Luke Frew

Luke Frew is a 27-year-old baker at Miann, a patisserie and dessert restaurant in Morningside, Auckland. Luke was a few weeks away from qualifying as a craft baker when he won the Young Bread Baker award.

After two years studying towards an engineering degree, Luke realised engineering wasn't what he wanted to do and returned to his home town of Pukekohe.

Needing a job, he started working in a family owned bakery, never thinking he would find a career he now loves. He says it took a while for him to realise how much he enjoyed baking because he was working a night shift, but he just knew he wanted to carry on, and after a year began his apprenticeship.

After three years in the family bakery, Luke heard about a position in an Auckland bakery which would give him the knowledge and experience of bread baking he was looking for. He contacted the head baker through Instagram and after a trial period, worked at Amano for 18 months.

Moving to Miann was another step up for Luke, as he now makes pastry products and high-end plated desserts. He says bread is still his favourite but learning to make quality products in a restaurant is valuable and suits him as he enjoys working on his own and sees this a strength he can use in his career.

Luke entered the Young Bread Baker of the Year Competition after some encouragement from friends. He says he isn't comfortable putting himself "out there" but knows it's an excellent way to push his boundaries and to see what he is capable of.





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Moffat turns it on for BIANZ

A cold and rainy November day didn't stop a good number of keen Christchurch bakers gathering at the Moffat factory in Rolleston for a members' networking evening including with a look behind the scenes and some generous entertainment provided by Moffat.

Moffat's Christchurch factory employs more than 170 people and exports products to 50 countries worldwide. It is the region's largest manufacturer of commercial cooking and baking equipment.

The gathering was split into two groups to have a tour of the factory in full production. "It was a very rare glimpse into the production, and awesome to see how much of the production is done in New Zealand and sent throughout the world," said BIANZ development manager Teghan Mear.

The tour group saw the whole process of building an oven from the steel being laser cut and folded to the oven being wired up and boxed and sent.

Teghan Mear says thank you to Brian Davies and his team at Moffat who provided a great tour and even provided a glazed ham made in one of their ovens. "We have had a lot of positive feedback about the tour and how open and happy to help the Moffat team were, thank you again for hosting us," says Teghan.



BIANZ president Kevin Gilbert takes a close look.



Moffat national sales manager Brian Davies, right, chats to BIANZ vice president James Wilson.



One of the tour groups.



Join us and enjoy the many benefits

Who should join BIANZ?

Owners and managers of bakery-related businesses

What do we offer?

Online resources

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The Association's advisory service helps members with staffing issues, employment contracts, food safety regulations, health and safety requirements and training.

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Safe Food Pro

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Safe Food Pro is the new standard in cloud-based food safety apps. Our app has been designed and built in New Zealand to meet the requirements of the Ministry of Primary Industry's Food Act 2014, making food safe and suitable food for both New Zealand consumers and export markets.

The key priorities when designing Safe Food Pro were to create a way for a food business to quickly set-up a template Food Control Plan (FCP) and to provide an app that is very easy to use – SFP has achieved both these goals, customer feedback is outstanding.

Compliance is a necessary evil. No one wants to spend time on paperwork, and no one wants their food grade jeopardised through incomplete records, untrained staff or substandard processes. Safe Food Pro removes the guesswork.

The app tells the staff what to do and when to do it and then tells them who did what and when they did it. Safe Food Pro alerts the user when important tasks haven't been completed or when critical issues occur e.g., fridge temperatures are outside the recommended range.

Safe Food Pro is not just about food safety, it can help you run your business. With a powerful form builder and scheduler, users can create any process that they want their business to follow. The web-based Admin Console includes a dashboard which displays key metrics, an activity stream, chiller temperatures and tracks which staff members have which forms.

We are excited to announce that Safe Food Pro has worked



closely with Ian Shaw and his team at Food & Health Standards (the consultants who developed the new BIANZ food control plan) and the team at bianz to deliver a great solution for BIANZ members.

When bianz members sign-up to Safe Food Pro using the bianz Group code, not only will they get BIANZ preferential pricing, but they will also get the BIANZ Food Control Plan pre-loaded into the software.

While the BIANZ FCP will cover the bases for most bakers, anyone doing something outside the box can create custom forms using our form builder.

Safe Food Pro has a dedicated support team, support portal, and strong online help. We monitor our support channels

are ready for any questions or issues you want to throw at us. Ian and his team at Food & Health Standards can also help if you have food safety specific requirements and they are also familiar with how Safe Food Pro works.

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Fort Greene

Liam Fox measures up

by Sarah Beresford



Liam Fox is hesitant to call himself a baker. He had early thoughts of following this calling when he was training to be a chef.

"I was 18 and I thought it was too late in my career to change," he says laughing. "But here I am at 34 making sourdough every day. I'm still hesitant to call myself a baker as I feel as if I'm still learning, but making bread is an important part of our business."

Liam and his wife Andrea Muhlhausen have elevated the humble sandwich to a new level at their café Fort Greene and central to that has been perfecting a key component – sourdough bread. "We wanted to challenge New Zealanders' opinions of what a sandwich is. People tend to think of sandwiches as something to use up leftovers – pop some leftover roast chook between a couple of slices of Vogels – but sandwiches can be the perfect meal."

The hard yards

Liam did the hard yards as a chef before making the decision to break out and open his own business with Andrea. "Andrea is from Chile and came here initially to learn English. She's worked for many years in hospitality, managing restaurants. We were living in London and planning a trip to New York when a friend said we had to go to a place that served sandwiches in the Fort Greene district of Brooklyn. We followed up on

the recommendation and it was amazing – it was a light bulb moment really."

Back in New Zealand in 2015 the couple had a sandwich pop-up in Ponsonby for four months, before going on to open Fort Greene in St Kevin's Arcade in Auckland's Karangahape Rd, auspiciously on November 3, World Sandwich Day.

A perfect sandwich

Their brief was simple: "On a mission to create a perfect sandwich." They've been so successful at achieving this that they moved to a bigger premises on K Rd last year. The airy café with a high stud, open kitchen/bakery and pared back interior has seating lining the windows that front K Rd that offer the perfect place for people watching.

On a shelf in the window are Liam's mother's scales. "I grew up making bread, cakes and pizzas in the kitchen with Mum, so this seems like a natural progression."

Liam says he has approached the fillings of the sandwiches on offer at Fort Greene "like a chef".

"We use seasonal ingredients and take trouble sourcing them. We rotate the menu and try different things but our customers are the ultimate test of what we're doing. If it doesn't work we're always adaptable."

His current favourite is the beef rendang sandwich – braised beef brisket rendang with coconut yoghurt, kaffir lime leaf, coriander and toasted coconut chips on Fort Greene sourdough.

"I worked with a chef from Malaysia years ago and he showed me how to make rendang – it's pretty spicy."

If it doesn't sound like your average sammie you'd be right and every other offering on the menu has had the same attention lavished on it to create a supreme taste sensation.

Amongst heavy hitters

It's this attention to detail that recently saw Fort Greene included among 15 other New Zealand restaurants in the *Truth, Love and Clean Cutlery's Guide* to truly good restaurants and food experiences of the world, alongside heavy hitters such as Fleurs Place and Orphans Kitchen.



A lot of this success is due to attention to detail.

"The first step in creating memorable sandwiches is to make everything from scratch from quality ingredients and that starts with the bread. If you are having bread supplied it will normally be up to 12 hours old by the time you are using it.

"We are baking continually so that the bread is always as fresh as possible."

The ultimate test

Liam started out making commercial types of bread and then took the ultimate test of perfecting sourdough. "I struggled with it and had failure after failure. I'm a perfectionist and don't respond very well to failure – after all there's only three ingredients so you wonder what could possibly go wrong, but it's hard to corral a micro organism into doing what you want it to do," he says laughing.

These days he makes a classic country loaf, sourdough baguettes and a New York style caraway/rye loaf every day, with weekly specials such as walnut or spelt loaves.

"Using commercial yeast is easy but making sourdough there's about 15-20 variables that you're juggling all the time. But I persevered and once I had one success I was hooked. I made a conscious decision to work at becoming a baker."

Fort Greene,
327 Karangahape Rd, Auckland City,
Open: Monday-Friday 7.30am-4pm;
Saturday 8.30-4pm; Sunday 9am-3pm





Phil Lewis

Cream buns and plenty of adventure

by Sarah Beresford

It seems fitting that someone whose professional life has been spent in the baking industry got out of a sticky situation thanks to some cream buns. Phil Lewis, Bakels' key account manager for Foodstuffs, was working in Fiji as sales and technical manager at the time the buns came to the rescue.

"It was at the time of the Fiji coup in 2000," he says. "We were returning from a delivery and we were running late and realised we were breaching the curfew.

"We had no choice but to keep going and we were pulled over. It looked as though they were going to lock us up but luckily we had some cream buns in the back of the van and so offering them saved the day. We got through because of the cream buns," he says laughing.

"Phil has had plenty of adventures in his 24 years at Bakels, including working overseas for the company in Fiji and Singapore and extended periods of overseas travel. It's been a long and varied professional journey since he left school at 16 and began a five-year baking apprenticeship with Geoff Golding at the Village Bakery in west Auckland.

"He was an Englishman and a true bakery craftsman. I did everything – bread, cake and pastry – as well as getting experience running the bakery in later years."

He went on to work making breads and pastries at the Original French Bakery on Auckland's North Shore before he decided he

You can give the same ingredients and ovens to six different bakers and get six different results.

wanted to get experience working with bigger suppliers in the industry.

"I was motivated by the challenge of wanting to learn more. I went to work for Defiance, which supplied Big Fresh and New World instore bakeries at the time. It was all about the theatre of baking in those days – we had open bakeries so we could showcase the art of the whole process."

When he was shoulder-tapped to join the team at Bakels he jumped at the chance to push his skill set even further. "Bakels had just purchased an edible oils business in Tauranga and I worked with that division. They manufactured cake fats that are

widely used in the industry and so for three years I was what you could call a 'fat specialist,'" he says laughing. "It seems fitting in my line of work – they say you should never trust a skinny baker or chef."

This was followed by the three-year stint in Fiji. "We had sites in Nadi and Suva and worked with a small team, training and manufacturing. When it was time to come home Bakels offered me the chance to go to Singapore. Our son was born in Fiji and we thought it would be a great chance to travel while he was still young.

"It was exciting working up there. We were supplying places like Singapore Airport and the prison bakeries and I was there during the Avian bird flu outbreak so that posed huge challenges."

Back home again Phil continued globe trotting visiting Malaysia, Pakistan, Bangladesh, Sri Lanka and the Maldives in six-week cycles supervising Bakels' sales and distribution agreements.

"After a couple of years doing a lot of travelling things came to a head when my son started crying when he was seeing me off at the airport. He asked me when I was going to stop going away so much, and it got me thinking.

"Then when I was in Sri Lanka a car bomb went off outside the hotel where I was staying and that helped to push me to make the decision to take up a role at home."

So these days Phil is the key account manager for Foodstuffs' Pak'nSave, New World and Four Square supermarkets but that doesn't mean that the challenges and excitement of the job have stopped.

"I learn something new every day. I'm part of what we call the Blue Sky group and we're always looking at new ideas and ways of doing things.

"Our only rule is that no idea is a silly idea, because you really never know where things are heading. The market landscape, technology and what people want is always changing.

"We're always looking at new trends and product development. We have two test bakeries. At the moment we are developing a granola cluster as a new snack and we're looking at ways of introducing smoky flavours to baked goods, which is very on trend overseas."

Phil spends a lot of time helping to insure there's a consistency of product. "You can give the same ingredients and ovens to six different bakers and get six different results. It may be subtle but we are always working at ensuring we can deliver a premium product every time."

"I'm part of what we call the Blue Sky group and we're always looking at new ideas and ways of doing things."

Phil says recyclability and ethical concerns are at the forefront for many people at the moment and that there has been a shift in shopping habits.

"People used to go to the supermarket once a week and load up a trolley but that is not the way many people shop any more.

"A lot of people shop frequently and just buy small quantities each time. And then there's the growing popularity of click and collect..."

Some things never change though and that's people's love of delicious cakes and nice bread.

"It's that feeling of indulgence that people love and that never goes away.

"It's all about moderation – you can have your cake and eat it too."

Phil says it's this emotional connection with baking that makes many bakers so devoted to what they do.

"I'm from a food family and my Mum's a baker so she was always baking something – in fact she's still got the Kenwood mixer she used when I was a child.

"There's so much joy to be had from good food.

"The time and skill it takes to make good bread and other baked goods is often undervalued and really should be appreciated. It is a real craft and that's why bakers are so passionate about it."



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No ordinary creations

Sue Fea finds sweets that are good for the soul

It all started with an idea over a cup of tea at home in the kitchen last year, but already 'Sweet Soul' sisters Rea and Taina Scur have become the talk of the town on sweet-toothed tongues around Canterbury.

The Brazilian sisters launched their eye-catching, mouth-watering, European-style, 12-seater Sweet Soul Patisserie and Café in central Christchurch's Cashel Street late last year (2018).

Their focus is on beautifully presented entremets – small multi-layered, mousse-based French cakes with Rea, a highly-trained patisserie chef, at the helm in their little bakery while Taina takes the reins managing the business and café shop. Rea loves to create, intricate, artistic pieces out of fine pastry, normally inspired by her local environment. These are no ordinary culinary creations.

Coming from a long line of Italian family heritage their lives growing up in southern Brazil were rich with good food. "We didn't buy much bread from the bakery as Mum was always baking bread and Dad always made all of our birthday cakes," says Rea. "Our relatives also owned restaurants so I always had a passion for cooking and ingredients. People just loved to cook in our family. It's part of our Italian heritage."

As a child Rea would bake bread with her mother and her father would arrive home after work with famous Portuguese-style, Pelotas patisserie sweets. "I always loved cooking, but it was a hobby and I'd never thought of it becoming a career," she says.

However, she ended up studying cookery and gaining some qualifications in Brazil after becoming a schoolteacher.

It was during a working holiday to New Zealand about seven years ago that Rea's friends encouraged her to work in bakeries here. English wasn't her first language so she couldn't teach here. She completed a New Zealand Level 5 baking and pastry course as part of a three-year apprenticeship.

A passion for French pastry and a dream to travel to France was born. It was a huge step of faith, leaving her paid work to study there at Le Cordon Bleu in Paris and also at the prestigious Bellouet Conseil Pastry School in 2017. "I knew if I didn't do it I would regret it," says Rea. There she learnt some amazing chocolate work, honing her techniques in tempering, work with chocolate cultures and garnishing skills.

Macarons and entremets were a big part of the programme, playing with textures and glazing.

The equipment was far more advanced in France and Rea made the most of her time travelling all over the country working for free to gain experience in its best patisseries, chocolate and pastry shops.

"The chocolate work over there is just phenomenal. It's amazing. Out of this world," she says.

The highlight of her time in France was studying at Bellouet and meeting the famous French chef who owns it, G. Joel Bellouet. "He's a MOF (Meilleur Ouvrier de France) chef and there's a lot of



prestige surrounding that there," says Rea.

"We chatted for a while. He said he really loved New Zealand and wants to come back."

Inspiration

Rea also gained a lot of inspiration from her Australian tutor at Bellouet and from Savour Chocolate and Patisserie School founder Kirsten Tibballs during a similar work experience trip to Melbourne and Sydney. She also visited all of famous Australian chef Adriano Zumbo's pastry shops to get ideas.

However, Rea is mostly inspired by the beauty in creation around her in Christchurch. Her pink, spring-time Hagley Park cherry blossom-inspired, multi-layered White Forest Cake entremets, oozing Belgian white chocolate and black cherry cakes, are a perfect example of this.

"We always try to theme our entremets so that they're focused on seasonal ingredients and ideas," she says.

Chinese New Year posed a fresh challenge, inspiring entremets made from sweet red beans and a dumpling-inspired sweet entremets incorporating rice, coconut and sweet potato.

Rea is constantly creating new ideas in her head whether she's working or walking through the supermarket aisle. "My inspiration comes from everything from a walk to the park looking at the flowers or I may just see something on a supermarket shelf or it'll come to me drinking a cup of tea."

Sweet Soul offers five gluten-free options, using rice flour, Belgian chocolate and hazelnuts, and there's even a vegan option – Vegan Kiss, which Taina says often sells out to non-vegans before the vegans arrive.

The sisters have been overwhelmed by how popular their little patisserie has become in just a matter of months. Delays opening the doors last year prompted a barrage of queries as to when they were opening.

"Christchurch is being reborn as a cosmopolitan city and we had found it hard to find anywhere in the city that made fine patisserie-style desserts like you find in Sydney, Melbourne and even Auckland and Wellington," says Taina.

"We really missed that and we thought Christchurch would love it." They were right. Fans have embraced their classic French entremets desserts.

"Rea always plays with the flavours using classic New Zealand ingredients. She produces something 'out of the box'," says Taina, who sold her Christchurch commercial cleaning business earlier last year.

"Even nice restaurants usually offer up the same style of desserts and we wanted to offer something unique. The feedback has been amazing so far," she says.

They're now looking forward to introducing the locals to more European-style cakes, with deliciously decorated eclairs now appearing on the menu.



The Tattooed Baker

Sue Fea meets an exceptional baker in Dunsandel, Canterbury.

At 25, Bex Savage is not only New Zealand's most colourful and well 'decorated' young baker, but now the country's youngest marriage celebrant too.

The young 2014 National Trainee Baker of the Year Award winner is pretty much totally covered in tattoos, another of her creative passions. She took out the Miss Ink New Zealand title as the nation's most well-inked beauty the same year she won her baking award.

Bex and her baking talents are now one of the main attractions in the tiny Canterbury settlement of Dunsandel, south of Christchurch, where she now manages and is sole baker at the busy Dunsandel Store and Café on the main road south.

As if that's not just busy enough working five, and sometimes six, days a week at the cafe, Bex is also now a popular and entertaining marriage celebrant all over Canterbury with bookings even coming in from as far away as Oamaru. "Last weekend I had two weddings and at the end of last year I had three weddings in one week."

Naturally her full cover body art is a hot topic of conversation with wedding guests and surprisingly it's the older generation that are more open and approving of her tattoos. Bex is covered in baking themed tattoos with 'bake' inked on one hand and 'cake' on the other.

Her 'baking arm' sports tattoos of cupcakes, doughnuts, a rolling pin, spatula and a whisk. She's even labeled 'tattooed baker' and has a little Smurf baker on her shoulder.

"I'm just covered. It definitely breaks the ice," she says. "I have some older customers coming into the café and, believe it or not, most of the older generation really love it."

My tattoos don't even stop guests coming up to me at weddings, but some other people don't want to approach me. They're more old fashioned and stuck in their ways." For Bex, her tattoos are like "collecting art from different people".

With the high profile she's attained as the country's 'Tattooed Baker', many brides and grooms also ask her to bake and ice their wedding cakes. "A lot ask me to do that as well, but I just can't add



that much more stress when I'm also working full-time baking at the café," she says.

Ashburton-raised, Bex says she hated school and landed a check-out job at the local Countdown Supermarket at 15 before discovering her passion for baking and taking up an apprenticeship at Rolleston Bakery at 16.

She also completed stints at Coupland's Bakery in Christchurch, moving to the Dunsandel Store almost three years ago. "I never thought I'd be a baker. I always thought I'd end up on the radio," she says.

Even though she can whip up the most beautifully-presented carrot cake, or any other flavour, at short notice, cakes are not Bex's first love.

"I just love getting stuck in and baking pies, biscuits and slices. I'm forever baking." Baking definitely isn't in the family genes, but Bex whips out all of the pies, cakes, slices and biscuits for the huge indoor, outdoor café. Her pies – everything from mince and cheese, chicken and cranberry to roast veggie and pesto and the vegetarian Big Breakfast Pie – sell out every day.

Ironically the country's most 'out there', decorated baker is actually quite old fashioned at heart.

"My baking style is definitely old fashioned." Her quirky, creativity has orders coming in from as far away as Invercargill and sweet toothed fans driving out from Christchurch just for her Pinky Bar Slice.

"When I won the Trainee of the Year I did a Pinky Bar Tart. Now I'm doing a gluten free slice version on a Brownie base with a thick layer of caramel, baked, then topped with pink marshmallow and chocolate," she says. "It's my take on a Pinky Bar."

Creating something new is her favourite thing to do. "I could be sitting anywhere, even on the toilet, and I'll think of something I could do and go straight away and bake it."

That exceptional creativity and baking talent was probably what helped her nail the Miss Ink national title too.

"You have all different rounds, formal wear, casual wear, and they have a talent round too," says Bex.

"I thought, 'I need something more interesting than icing cupcakes, so I iced a person.'" A female friend posed nude on the stage while Bex iced her breasts and stomach.

She then ended up travelling all over the country hosting tattoo pageants for two years. She grew quite a profile and even though her busy life now means that national fame has taken a back seat for a while, she still has just over 11,000 Facebook followers with barely a post.

"I used to create recipes and post them, but it just took so much time and money." The plans to write a book have also been shelved for now too.

However, she is promising even more tattoos. "I still have some spare skin so I'm not finished."



Bex's Pinky Bar Tart in the making.



Making the most of it

Want to be more sustainable in your business but not sure where to start or what to do next? **Sadie Beckman** investigates.

Previously in *Slice*, we looked at the issue of sustainability – in particular, single-use plastic bags and how government moves to phase them out will impact on businesses in the baking industry, as well as alternatives and solutions.

Here, we will delve into ideas for supporting you to bring sustainable practices into your business in a wider sense, and how to go about this.

The main tenets

The main tenets of sustainability in baking industry businesses, as in the food industry as a whole, are creating less waste, reduction of energy consumption, how to handle rubbish and recycling, types and quantities of packaging and overall carbon footprint linked to transportation and supply.

Far beyond just tokenism, having best practice in place when it comes to these areas is important not just from a financial perspective, but also for the sake of the environment and our responsibility to this bigger picture. Anything you can do in your business to be mindful of these areas will ultimately help you, your customers and your bottom line - you just have to figure out how.

Looking at what others are doing successfully is a vital part of business, and it is no different when it comes to sustainable practice.

“The most viable solution for single-use disposable packaging is a full cycle, organic recycling solution.”

Support

There are several organisations in place to help support and encourage sustainable business practice in New Zealand, so they could be a great place to start if you want to find out the latest information and do some research on bringing sustainability into your business. Joining them may offer ongoing support and mentoring on the sustainability journey as well as the ability to tap into existing expertise in a rapidly-changing area.

One such organisation is the Sustainable Business Network (www.sustainable.org.nz). Here you can find articles and data on key sustainable business topics and keep up to date with news from Aotearoa and the rest of the world.

The network focuses on communicating the latest trends and opinions, outlining its members' success stories in sustainability and identifying where the risks and opportunities lie for businesses wanting to be more sustainable. The latter provide real food for thought, and the organisation has collated a helpful top ten list with information under each category.

The topics include climate change momentum, the low-cost



electric vehicle revolution, leadership on sustainability starting to come from industry CEO's, not just politicians, and how China's recent ban on accepting waste plastic and paper imports from developed countries is disrupting the global recycling industry. While some of these larger concepts may not apply in a day-to-day sense in your business, they are a way of educating yourself about the bigger picture and how to make the most informed decisions about your own practices.

Another organisation – the Sustainable Business Council (www.sbc.org.nz) bills itself as helping businesses be the best for New Zealand and the world. It currently has 91 member organisations, and has a work programme organised around six areas – sustainable leadership, climate, social impact, natural capital, consumer decision-making and sustainable development goals. The council advocates for change in these areas and supports

projects led by businesses that are its members.

But in terms of finding ideas you can actually implement straight away, and sourcing the products or materials you need

to do that in your business, where can you start?

Trade shows

Trade shows or expos are always an excellent way to find a whole lot of inspiration and answers in one hit, and the national Go Green Expo (www.gogreenexpo.co.nz) ticks the box for finding sustainability solutions.

Held in Auckland, Wellington and Christchurch, the expo events showcase a large and diverse range of products and brands for both businesses and individual consumers interested in sustainability.

Food and beverage is a huge part of this, as well as eco-homes and building, organics, health and wellness, beauty, personal care, home and living, some of which fit with the baking industry (and some of which obviously don't). So as a baking industry member, while you might not need to look at sustainable moisturisers or dietary supplements for example, you may well find options for packaging, food storage, cleaning products, waste disposal or organic ingredients that you could introduce in your business practices.

Check the website listed above for dates and locations.

Sustainability series

On the net

If you can't make it to an expo though, there is a whole world of sustainability information right at your fingertips on the internet. Plenty of homegrown companies have a lot to offer and you can find their journeys online. Environmentally-friendly packaging is one area in particular that is growing rapidly in strength and accessibility, and with the phasing out of single-use plastic bags well underway there has been a fairly seismic shift in people's consciousness around plastic packaging being used around their food. You don't want to be caught behind the eight-ball as a business, so checking out alternatives to environmentally-unfriendly plastic is becoming a pressing issue.

Kiwi ingenuity

Innocent Packaging is one such company – a Kiwi start-up founded on an 'innocent' idea – what if packaging could be made solely out of plants and plant waste? With classic Kiwi ingenuity, the company set to work and came up with a range of coffee cups, cold cups, plates, bowls, boxes, lids and clamshell containers made entirely out of plant products – not a petrochemical in sight.

Innocent Packaging has also, in fact, recently launched the first city-wide compost collection of its kind in New Zealand, teaming up with 50

cafés across the Auckland CBD to produce the first public compost collection for both food waste and compostable packaging.

"Plastic production has increased 20-fold since 1964 yet just five percent of plastics are recycled effectively," the company says.

"The most viable solution for single-use disposable packaging is a full cycle, organic recycling solution."

This is an example of how one scheme can cover all the areas of sustainability mentioned at the beginning of this article that are important to the baking industry.

While it can seem like there is a huge amount of information out there, it is also true that there are plenty of organisations and people willing to offer simple, effective support and solutions for those wanting to do their bit and be more sustainable. It just takes a few small steps to start making changes in your own business that, through the example of others, have been proven to have a positive effect on not just the planet, but your business's back pocket and reputation too.



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Price survey 2019

This survey was carried out in February.

The response

Forty five bakeries took part in the survey, 50 percent of them retail, 10 percent wholesale and 40 percent both.

Price changes

Compared with the last survey in 2017, no significant price rises overall showed up in the survey. Some items are a little more expensive (eg the basic mince pie, up 7 percent) while some appear to have dropped, but it must be noted that the occasional

anomalous prices can significantly affect the averages in a small sample such as this.

The fact that costs of basics such as flour have risen appears to show that bakers are holding their prices in what many regard as a tough market.

The prize

All respondents were entered in a draw for a presentation case of fine wine.

The winner is **Baker Gramercy** of Wellington. Congratulations.

See page 7 for details.

Top-selling gourmet pies

Participants were asked to name their top-selling gourmet pies.

Angus Beef & Cheese
Boil Up (pork)
Caramelised Onion, Bacon & Creamy Mushroom Chicken
Chicken Brie Cranberry
Chicken Cranberry & Brie
Chicken Sweet Chilli Cream Cheese
Chicken, Bacon & Mushroom
Chicken, Leek & Mushroom
Cream of Chicken
Garlic Chicken 'n' Mushroom

Honey Mustard Chicken
Lamb & Mint
Morrocan Lamb
Roast Pork, Apple & Crackling
Shearer's Pie, Steak, Kumera, Bacon, Cheese Tomato
Steak & Bacon
Steak & Creamy Mushroom Sauce
Steak & Mushroom
Steak Cheese & Bacon
Steak & Guinness
Steak Mushroom & Cheese
Steak, Bacon & Cheese

When should I increase my prices

This survey appears to show many bakers maintaining prices despite rising costs.

Craig Rust, a Christchurch-based bakery owner, a member of the BIANZ executive committee and a widely respect business consultant, offers some advice.

In all my years of running a consultancy practice and a bakery I have never been asked this very simple question more than I am right now, 'When should I increase my prices'.

In an ideal world, your business should be able to raise its prices to keep up with all business price increases and inflation every year as a bare minimum. But things are far less smooth in the real world.

The reality is that every single bakery has had increases in dairy prices, meat prices, fuel prices, power prices, wage rates and now flour prices all in the last 12 months.

So if there was ever a time we need to review our prices with a view to putting them up then that time is right now.

But price hikes don't have to spell disaster, we just need to be in a position to educate our customers. If you're upfront and transparent with your reasons for increasing prices, your customers will understand and even appreciate your being proactive about your business.

So in reality, how much should I increase my prices by to get the same profit margin?

I wish I could answer this with a very simply one line answer

but I'm sorry, it's not that easy as every single product and every single business is slightly different. However, if you have a product where flour is 20 percent of the recipe and the price of flour has increased by 20 percent then you need to increase your price by 5 percent to make the same profit. We all know this simply means a retail price goes from \$5.00 to \$ 5.25 but to some customers that is a massive increase.

As business owners we know increasing the price point establishes you as the quality leader in your industry. The right kind of customers — those who can and will afford your product or service — will buy from you.

The simple act of raising prices sets you apart, and improves your perceived value.

You've probably heard of the saying that goes, "You get what you pay for," when talking about the quality of a cheap product.

Price increases show potential customers you believe in your product and know it's worth the money you're charging.

Raising prices brings focus to other areas of improvement in your business and will force you to improve other factors that need to be in top shape to justify and sustain your price hike. For example, you'll probably need to improve service levels – Poor customer service is a consistent pain point cited by customers for changing providers.

Focusing on your product and your service level at the same time tends to be more sustainable in the long run, showing that you're just as willing to work on your customers' experience as much you care about how much they spend.

In summary – raise prices when necessary, but don't be greedy. While it's important to make a profit, any increases in your pricing structure should be defensible. Otherwise, your customers will see you're just trying to take more of their money, and end up not wanting to do any business with you in the future.

PRICES

Product	Average	No	Highest	Lowest
Basic Mince pie – wholesale	\$3.06	15	\$5.00	\$1.80
Basic Mince pie – retail	\$4.79	46	\$7.00	\$1.50
Chicken pie – wholesale	\$3.29	11	\$5.50	\$1.80
Chicken pie – retail	\$3.47	17	\$5.50	\$1.80
Steak & Cheese pie – wholesale	\$3.50	18	\$5.50	\$1.80
Steak & Cheese pie – retail	\$4.95	26	\$7.00	\$2.50
Top selling Gourmet pie wholesale	\$3.60	11	\$5.00	\$2.30
Top selling Gourmet pie – retail	\$5.80	12	\$6.80	\$4.50
Sausage Roll – wholesale	\$2.18	15	\$4.00	\$0.70
Sausage Roll – retail	\$2.18	15	\$4.00	\$0.70
Plain Gluten-free Bread loaf – wholesale	\$5.24	6	\$8.00	\$3.80
Plain Gluten-free loaf – retail	\$6.89	11	\$10.30	\$2.60
White Tin Loaf – wholesale	\$3.42	13	\$5.00	\$2.20
White Tin Loaf – retail	\$4.74	13	\$7.50	\$3.00
Plain White Sourdough Loaf (at 800 grams) – wholesale	\$4.26	12	\$6.00	\$2.75
Plain White Sourdough Loaf (at 800 grams) – retail	\$6.38	4	\$8.00	\$5.00
Basic Filled Roll, ham – wholesale	\$3.22	10	\$5.00	\$2.00
Basic Filled Roll, ham – retail	\$5.95	14	\$8.00	\$4.20
Afghans (each) – wholesale	\$2.45	11	\$3.70	\$1.25
Afghans (each) – retail	\$3.79	14	\$6.30	\$0.71
Chocolate Caramel Square – wholesale	\$2.75	13	\$4.20	\$1.40
Chocolate Caramel Square – retail	\$4.15	10	\$5.99	\$2.80
Chocolate Gateau – 20 cm/8 – wholesale	\$26.13	4	\$36.00	\$15.75
Chocolate Gateau – 20cm/8” – retail	\$43.99	14	\$85.00	\$24.00
A slice of Carrot Cake – wholesale	\$2.23	7	\$3.60	\$1.40
A slice of Carrot Cake – retail	\$4.56	14	\$6.00	\$2.50
Cupcake – wholesale	\$2.47	3	\$3.20	\$1.80
Cupcake – retail	\$3.81	15	\$5.50	\$1.80
Cheese Scone – wholesale	\$2.22	11	\$3.50	\$1.10
Cheese Scone – retail	\$3.78	21	\$5.30	\$2.30
Fruit Muffin – wholesale	\$2.65	10	\$4.00	\$1.65
Fruit Muffin – retail	\$3.97	22	\$5.50	\$2.00
Danish Pastry – wholesale	\$2.58	8	\$3.50	\$1.81
Danish Pastry – retail	\$4.49	19	\$7.00	\$2.90
Plain Croissant – wholesale	\$2.04	13	\$3.00	\$1.25
Plain Croissant – retail	\$3.11	21	\$6.00	\$1.30
Flat White Coffee – regular	\$4.18	12	\$4.80	\$3.00
Flat White Coffee – large	\$4.79	15	\$5.50	\$4.00

EXPENSES

Participants were asked ...	Average	No	Highest	Lowest
How much do you pay for butter per kg?	\$10.00	33	\$11.27	\$7.50
How much do you pay for 2 litres of blue milk?	\$3.15	43	\$4.60	\$2.55
How much do you pay for a 20kg bag of bakers flour?	\$17.51	44	\$22.49	\$13.99
How much is your eftpos rental?	\$76.56	36	\$105.00	\$25.00

Thanks

We thank the following for taking the time to respond to this survey.

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 Sims Bakery
 Southern Buttercraft Limited
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 Ten O'clock Cookie Bakery Cafe
 The Sponge Kitchen
 The Wild Walnut
 Viands Bakery
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Employment law changes confirmed – are you prepared?

by Alice Porter

The government has introduced a number of major employment law changes for this year. Most of them take effect on 6 May. The aim of the changes is to strengthen the rights of unions and workers perceived to be 'vulnerable'. Some are direct reversals of changes made by the previous government in 2016.

Changes to trial periods

Employers with 20 or more employees at the time they hire a new employee will not be able to use trial periods any more, from 6 May.

Any trial period that starts before that date will be unaffected. This is a straight count of employees including the person being hired and including casual and part time staff.

Changes for unions and employers with a collective agreement in place

There are a significant number of changes affecting union-employer relationships, including, in summary:

- A requirement for the employer to employ new staff on the terms and conditions of the collective employment agreement, where one exists, for the first 30 days of their employment (as per the pre-March 2016 position)
- Requirements for employers to provide union access to workplaces and 'reasonable' paid time off for union activities to union delegates
- A requirement for employers to provide information about the benefits of joining a union, provided by the union, to new employees at the union's request, and a requirement to notify the union when new employees are employed, unless the employee opts out
- A requirement for employers to conclude bargaining for a collective agreement, and to participate in Multi-Employer Collective Bargaining, unless genuine and reasonable grounds exist not to do so
- Union membership and participation in union activity within the past 18 months will be grounds for claiming discrimination, if the employee believes they have suffered less favourable treatment than they otherwise would have done for these reasons
- Rates of pay (or minimum rates of pay) and any mechanism by which they will increase during the term of a collective agreement will have to be written into that collective agreement

Changes for 'vulnerable' workers in restructuring

There are increased requirements for employers of 'vulnerable workers', which includes cleaning and catering staff amongst others, to transfer staff to a new employer, where that employer is taking on the work those employees are doing, as a result of a sub-contracting or tendering process.

These changes remove many of the previous scenarios which prevented the automatic transfer of staff. They include scenarios where a contractor could be required to take on employees as a result of winning a tender, where they are not currently an employer at all.

These changes are complex. Advice should be sought before tendering for new catering work where that work is currently being

completed by employees of another entity (either another service provider or in-house staff) so the implications can be fully considered.

Changes to rest breaks

Mandatory rest and meal breaks are to be re-introduced for almost all employers. This means, in summary, employees will be entitled to a 10 minute paid rest break after every two hours of work, and a 30 minute unpaid meal break after every four hours of work.

Employers will need to specify when these breaks will be taken or they will default to the middle of the time period in which they are due. They also need to record that they are being taken.

Other changes

The government had already committed to raising the minimum wage to \$20 by 2021 last year, in a series of steps. This year the minimum wage will increase to \$17.70 on 1 April.

Also from 1 April, employees will be able to claim 10 days paid leave per year to deal with the effects of domestic violence.

For employees claiming they have been unfairly dismissed, the primary remedy will be re-instatement, where reasonably practicable. This was previously the case up until March 2016, although in practice it was not common for employees to be re-instated by the courts. For employers, re-instating a dismissed employee could be extremely disruptive. The risk of a possible re-instatement is likely to become a significant bargaining chip for employees negotiating settlement of a personal grievance relating to their dismissal.

The government is currently consulting on changes that would mean temporary staff employed by an agency could raise a personal grievance against the company they complete work for, as well as, or instead of, against the agency that employs them. These are not yet confirmed changes. However, if implemented they will have significant ramifications for any employer using temporary agency staff, and the agencies themselves.

What do I need to do?

These changes add significant costs and risks for employers, particularly for small businesses. It is essential that employers are fully informed and compliant with the changes when take effect in April and May.

Businesses will need to factor these costs and risks into their operational planning, particularly when making decisions about whether to engage new staff members or tender for contracts where new staff will be inherited or required to complete the work. Given the increased cost of employing staff, it is becoming less economical to staff businesses with low-skilled or part-time workers. Technology based solutions for many routine tasks are developing fast. Now is a great time to consider whether these can support business growth as an alternative to maintaining or increasing staffing levels.

Businesses may also wish to consider identifying and investing in those staff that are considered to be business critical, and seeking efficiencies that can be achieved through employing more highly-skilled staff, which can support lower overall staffing numbers.





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A café hat trick

Sarah Beresford takes in Chelsea's popular new Sugar Café



It's not often that you think of sugar as a destination but for the past few months people have been flocking to a tranquil coastal spot on Auckland's Waitemata Harbour with stunning pohutukawa-framed views back to the city to enjoy all things sugary.

The Chelsea Sugar Factory in Birkenhead has really pulled off a hat-trick with the opening late last year of the new Sugar Café, visitors' centre and the reinstatement of factory tours for the public which has seen it transformed into the latest must-go-to place.

The popularity of the café has surprised even the most enthusiastic staff at Chelsea who have guided this ambitious project from inception through to completion. It's not unusual for a queue to snake out of the wide entrance down the board walk at lunch time and weekends, and their classic high teas get fully booked.

It's not hard to see why. The café has had an upmarket fit out from the modern polished concrete floors and statement glass lampshades, to the floor-to-ceiling windows and doors that allow customers to enjoy the view over the clipped lawns to the sleek yachts moored in the harbour beyond. Kids can burn off energy in the playground within sight of parents enjoying coffee and cake at the café.

Then there's the cabinet bursting with fabulous savoury and sweet baked goods, and the seasonal lunch menu, which is always being tweaked, all guided by the practised hands of Fran Mazza and Aaron Carson, stalwarts of Auckland's hospitality scene for many years.

The focus is on quality ingredients, with an emphasis on creativity in developing their array of baked goods.

The high teas are the real winners and are popular for everything from baby showers through to birthday celebrations and anniversaries. The delicate treats are arrayed temptingly on three-tiered cake stands and bookings can be made for groups of up to 10.

It's this delight in the joys and art of baking that is also celebrated throughout the new visitors' centre. First there's the baking school that has been a hit with adults and school children alike. The purpose-built kitchen has 12 fully-equipped baking

stations, with a large screen either end of the room so that all participants have a bird's eye view of what the instructor is doing.

Places in the children's baking classes during the Christmas holidays were snapped up so quickly that they are now offering classes on Saturdays during the school term.

Children not only learn basic baking techniques and how to follow a recipe, but also details such as the properties of different sugars and flours, how to use them, and the importance of things such as kitchen hygiene. This fun education may even spark an interest in some to become our future bakers.

Adult classes in cake decorating for beginner and intermediate levels have also attracted plenty of punters keen to boost their baking skills.

The whole centre is a reflection of the Chelsea and Edmonds baking heritage that has played such a part in Kiwi's lives for generations. There's lots of memorabilia for visitors to enjoy, from various editions of the indispensable Edmonds *Sure to Rise* books, to the packets of various baking products that have graced kitchen shelves over the years. It's like looking at a social history of New Zealand as it has grown and changed over time and it's probably this element of nostalgia that has seen the memorabilia on sale at the centre sell like, er, hot cakes.

A real drawcard

Further on along the foyer there's the interactive zone which is a real drawcard. There's lots for the littlies to do, like colouring-in tables and puzzles. They can see what sugar cane actually looks like (many children don't realise sugar comes from a plant), and take part in the turning wheels, etc, that are part of a wall display showing the sugar production process.

But the real highlight of this zone is the digital baking game. Chef Annabel White guides you through the baking process, from selecting the utensils on screen, scanning in the ingredients stored in a central bin, through to the preparation and baking process. Judging by the vocal responses of the groups of people engaging in the activity on the day we visited this is immense fun as well as being an eye opener for those who have not baked before.

And to round off the whole sugar experience Chelsea has once again opened their doors to the public for the first time in decades with tours of the plant. Book online, don a pink hard hat and vest, watch the safety video and then jump aboard the little pink train that chugs around the various areas and see how the raw sugar off-loaded from the ships berthed at the site is refined into the packet sugar you use every day. The highlight for many will be the sight of the immense sugar mountain.

Sugar Café has seen such a demand that it will be opening for dinner soon and there are also plans for event bookings. This new offering from Chelsea has really struck an emotional chord with people – after all baking is all about making something delicious and sharing it with loved ones and the café and visitor's centre perfectly encapsulates this.

Sugar Café is open all week from 8-4pm

Baking classes and factory tours can be booked online: Chelsea.co.nz/ChelseaBay

Chelsea Bay Visitors Centre, 100 Colonial Rd, Birkenhead, Auckland



Top left: Kiwi classics, **Top right:** school group tour the melt house. **Centre left:** café high tea. **Centre right top:** train in front of sugar mountain. **Centre right bottom:** view from Chelsea Bay. **Bottom left:** café tarts, bottom right: café tart with flowers.

Ten years of Slice magazine

It's Slice's birthday!

Sadie Beckman looks back – and forward

From humble beginnings a decade ago, to this, our shiny, bright 40th edition, *Slice* has had an unwavering and reassuring presence in many a bakery, workplace, factory or office throughout the New Zealand baking industry.

Slice proudly provides the most up-to-date news, views and resources for everything baking related. From the latest technological advancements in the industry, to interesting and researched feature pieces on topics that relate to baking, *Slice* also connects people within the industry and puts them in contact with those who can give them the best advice or offer the best products to suit their specific needs.

Distributed to more than 2300 food and hospitality businesses nationally, *Slice* is published quarterly by the Baking Industry Association on New Zealand (BIANZ), a non-profit organisation devoted to promoting its members prosperity and quality of their products. The magazine is BIANZ's mouthpiece, and channels the high level of trust placed in the association by many.



The NZ Bakers Journal

Those who have been in the industry for some time may remember that before *Slice*, the BIANZ published *The Bakers' Journal* - a folded, monochrome A4 booklet, and before even that, it was an article in the form of a gossip column written by lifetime BIANZ member and several-time president Gary Cameron, called *Scribbles From The Scribe*, about happenings that were 'out of the ordinary' in the baking industry.

After expanding from Gary's article and becoming a publication in its own right, *The Bakers' Journal* was first edited by Ray Walker and written by a BIANZ committee member's wife, Jan Van Til, on her typewriter, before being typeset and laid out by Hilton Press.

Printed in blue ink, it looked like a bowling club annual report or similar.

At this point, current editor David Tossman arrived and introduced significant improvements that went hand in hand with changing technology in printing.

David edited *The Bakers' Journal* for around ten years before an inspiring South Island trip taken by BIANZ executive committee members Michael Gray and Jason Heaven resulted in an image overhaul and rebranding, and *Slice* was born.

"We called into every bakery and café we came across and met a lot of current members and a lot of potential new ones," Michael says.

"On talking to all these [people] we noticed a common theme [that] the most valuable part of being a member, or what people enjoyed was our magazine. We realised that in order to retain members and add value to their businesses, BIANZ needed to add further value to the magazine and make it have more appeal."

A total image overhaul

Rebranding was undertaken, a total image overhaul applied and the name *Slice* chosen as it represented a wider reach than just bakeries, encompassing businesses such as cafés, restaurants, tuck shops, caterers and more, he explains.

The first issue's masthead lists another executive member, Mike Meaclem, as in charge of *Slice*, and right from the beginning, BIANZ recognised how vital *Slice*'s role would be to the industry.

"The magazine is the most important publication to the New Zealand bakery scene," Michael says.

"It reaches almost 2500 businesses and is relied upon to help keep owners, managers and team members up to date with trends, compliance matters and general ideas about how they can change their businesses and grow. It works in tandem with being a BIANZ member."

Original scribe Gary also believes in the current magazine's vital role. Now retired from the industry, he continues to keep up to date via *Slice*.

"In the early editions I enjoyed writing a column in it," he says.

"I think the magazine plays an important part in the baking industry as a whole, as data is easy to store but the magazine is always on a shelf to refer to either stories or recipes."

Gary says he enjoys articles on "Mum and Dad" bakeries and day-to-day products and issues, such as how small bakeries can deal with "the increasing demand for newfound allergies, fads, and the so called healthy foods, as there is still a demand for basic pies, filled rolls and cream doughnuts," he says.

"Yes, I sound like a dinosaur, but that is what built the industry."

Current editor David agrees about the importance of *Slice* to the industry and beyond and says he would also like to see it continue to be essential reading for anyone interested in the food business.



Gary Cameron, "The Scribe", at work.



"Caterers and cafés should be able to get a lot out of it as well as bakers," he says.



Diane Clayton,
advertising
manager



David Tossman,
editor

David brings a wealth of publishing and media experience to Slice. His background includes film and TV production in the areas of writing, editing, directing and producing as well as magazine writing. Along with editing Slice, another string to his bow is writing the cryptic crossword for The Listener.

He says his favourite part of Slice as a reader is News and Views.

"These sorts of pages with a variety of brief, newsy snippets are my favourite parts of many magazines," he says.

"I suppose they appeal to my short attention span!"

And his favourite aspect of editing Slice?

"My favourite part is seeing ads and articles arrive on time and in the right size, shape and format."

Michael also enjoys News and Views, along with the Slice's recipes and profile stories.

"I get a lot of ideas from these," he says.

"I would like to see the magazine grow as BIANZ grows, continue to build trust with advertisers and eventually be available in a digital copy."

Those advertisers are also vital to Slice, and have been part of the story throughout the 40 editions. Liaising with them and sorting out effective ads that see results has been the domain of Diane Clayton for the past four years.

Diane became involved with Slice after an acquaintance mentioned how much he had enjoyed going out on his own and contracting in the magazine industry. Diane came from the media advertising world, so when a vacancy came up at Slice she jumped at the chance.

"I instantly loved the passion in the team I work with and the product," she explains.

Diane's job is to create effective advertising solutions for clients who provide quality services or products to those in the baking industry. Working closely with editor David, she says the magazine is a great method of connecting bakers to important news, views and happenings in their marketplace as well as performing a valuable role connecting suppliers to potential new customers.

And her favourite part of the job?

"The team, and the energy input by the executive into fostering prosperity for all bakeries and bakery-café's throughout New Zealand," she says.

"I'd like to see Slice continue to represent bakers and give them a voice, to share valuable information and offer a platform for suppliers to reach bakers. I hope it will keep evolving and keep listening to bakers needs and try and address them."

With this philosophy in mind, Slice will go forward into its next decade with positivity from all involved.

Now all we need is someone to bake us a birthday cake....



Neroli Lancaster

Apprentice building her repertoire and reputation

by Belinda Carter



Apprentice baker Neroli Lancaster is busy stuffing her brain full of recipes to draw from during the WorldSkills international competition in Russia in August.

Contestants are not told the tasks they need to complete until three months before the competition, and up to 30 per cent of the requirements could change on the day. So it pays to have a large repertoire of well-honed recipes at hand during 22 hours of baking over the six day event.

"As much stuff as you can fit in your brain" Neroli says. She is "practising lots of stuff, lots of braiding, trying out lots of different recipes and trying to get the balance right, and the flavours, everything."

Last year, Neroli won the BIANZ Trainee of the Year Award, the first time she had entered the competition (reported in Slice 39).

It is also the first time a New Zealander will represent BIANZ at WorldSkills. The biennial international competition is mammoth. More than 1600 competitors from 80 countries have registered so far for the event in Kazan in late August, competing in 56 categories, ranging from aviation to web technologies. A city the size of Auckland, getting to Kazan entails a 35 hour flight from Auckland followed by a 90 minute flight from Moscow.

WorldSkills began in 1950, with New Zealand joining in 1986. The WorldSkills New Zealand charitable trust aims to promote excellence in skills among young people, through regional and national competitions and industry partners.

WorldSkills New Zealand General Manager (Partnerships and Innovation) Ash Siddiqui believes skills change lives and is all for vocational skills being "promoted to young New Zealanders on par with university degrees" so they can make informed choices on skills as a career option and investment for life.

"In baking, we've got quite a shortage of people wanting to be

bakers," Neroli says, "because of the hours." However, the 4am starts and weekend work didn't deter her when she started her baking apprenticeship at the Kaikoura Bakery two years ago, straight from school.

She enjoyed baking at home in Clarence, particularly cakes and slices, so taking on baking as a career was a

natural progression. Now, bread is her favourite thing to bake." Ciabatta and foccacia are probably my favourites."

Now based at the Continental Bakery in Rangiora, the young baker needs to raise at least \$25,000 to cover the costs of competing in Russia, including entry fees, accommodation and travel. It also includes the cost of competing in the Australian Skills Challenge in April and several training camps in New Zealand.

Additional funds on top of that amount will enable her to achieve her potential by training with a baker in Auckland prior to the international competition.

She has her work cut out to raise those funds. Some companies are sponsoring her: Nova Energy and she have set up a crowdfunding page where anyone can contribute.

The competition in Kazan is intense and leaves little time to explore the region. Neroli would like to go back to Europe and "learn like all the French, like really traditional baking...they've got baguettes and stuff. I really like their baking. I'd quite like to spend a little more time in Aussie as well."

And maybe one day she could end up managing her own bakery but it will need to be somewhere near a farm with horses (her other passion is riding) and dogs.



Help Neroli on her way to represent New Zealand baking

Join well-known international baker, judge and generous donor Dean Brettschneider and donate through <https://givealittle.co.nz/cause/help-neroli-fundraise-to-compete-in-the-baking/donations>

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Cake Trends for 2019

by Jane Dummer

Guilt shouldn't be a factor in selling desserts: Try "permissible indulgence"

Consumers are heading into 2019 hearing marketing catchphrases that range from "bite-sized" and "indulgent" to "clean-label" and "natural." Over the past few years, I've identified the balanced approach of indulgent miniatures as a cake trend that's not going anywhere.

Creating tiny versions of popular cakes gives clients their favourite flavour with an overall luscious experience. It allows people to enjoy a sweet delight in the evening, as an afternoon luxury with coffee or even a bite-sized tasting at a bridge club.

As people continue to graze and snack more throughout the day, bite-sized cakes are a perfect option for this consumer demand.

Personally, I prefer the term "permissible indulgence," rather than using the expression "guilt-free."

"I've never been a fan of equating guilt to anything, especially eating. I've always promoted quality over quantity and I love the idea of a rule-breaking indulgence rather than a guilt-free but mediocre experience. I continue to see the trend of people wanting to connect with what is real and authentic.

Consumers are searching for authenticity and honesty, especially in food products and ingredients. They still want rich, decadent flavours but they are also focused on making healthier food choices. With the bite-sized and indulgent approach, people can still enjoy treats while maintaining a healthy dietary pattern.

Pastry 101 Cookbook author, Betty Hung is the chef and co-owner of Vancouver's Beaucoup Bakery & Café. She agrees with the continued movement of permissible indulgence in cakes and baked goods for 2019.

"The big trend I'm observing is vegan baking. I have seen excellent vegan croissants, which is the opposite of traditional butter-rich croissants. It is a great alternative because both vegans and non-vegans can enjoy."

Also trending for the upcoming year, are cakes that are simple and natural. Chef Hung explains, "I predict 2019 is the year of minimalistic, fresh, and floral. We will move away from the heaviness of fondant cakes and transition to simple and natural cakes. This trend was already observed in 2018 with Prince Harry and Meghan Markle's wedding cake of a lemon elderflower decorated with a simple buttercream and fresh flowers. This trend is definitely moving towards the buttercream and fresh flowers as the stars of the cake."

Instagram will uphold as the social media preference in 2019 for both for bakeries and the home baker. Traditional cake designs will always have classic appeal, but adding an artistic touch to appear original is necessary to stand out. Experimenting with different designs can be a fun exercise and with the right designs, your bakery will be unique and on-trend.



In addition to natural, fresh and floral, Hung is forecasting watercolour or hand-painted cakes becoming more popular for the home baker to differentiate with that artistic touch, especially on Instagram. Hung describes this approach, "Watercolour is achieved by food colour hand painted using a brush directly onto the surface of the cake. Like with real watercolour, a colour palette would be handy for this. You can also achieve a watercolour look by blending in coloured frosting onto the sides of an already frosted cake."

In 2018, the large Belgian ingredients company Puratos launched Topfil, a range of fruit fillings with up to 90 per cent fruit content for enhanced taste, texture and natural visual appeal. The Topfil ingredients allow bakers to create innovative filled sweet goods, for any occasion, while delivering the genuine taste of authentic fruit that consumers demand. Simple and natural fruit

forward cakes and baked goods will continue to trend in 2019 to provide customers with delicious experiences.

The year of 2019 will be all about enjoying that special cake without having to give up the overall experience. Creating bite-sized cakes is a great way to introduce new options to your marketplace, for example, mini baklava cups to customers who have never tried this Turkish/Greek dessert.

Developing cakes that are vegan and lower calorie (bite-sized) can help bring back customers that may have ditched sweet treats in the past. Visual appeal will continue to be important with approaches including watercolours allowing for the construction of creations that engage and interest consumers both in-person and on social media.

Jane Dummer, RD, known as the Pod to Plate Food Consultant, collaborates and partners with the food and nutrition industry across North America. www.janedummer.com

THE GREAT NZ HOT CROSS BUN COMPETITION

The judging



Michael Gray

Three widely respected Wellington bakers – Karen Simpson, Karl Wilson and, courtesy of Bakels, Michael Bell – gathered at Nada Bakery on a March Saturday to judge this year's hot cross bun competition under the expert guidance of competition organiser /chief judge Michael Gray.

Karen Simpson, reflecting on the entries said "I think the standard was up there generally. There was good innovation with flavours and

fruit. I think we made a good choice with the winner."

Michael Ball said that over all there were a lot of good buns with a lot of people trying new things. "Some worked, some didn't, but it's great that they're trying. Looking initially at the top three entries, you can see that the buns are all even, they're nice and plump, you can see the fruit's plump, the crosses are even, they have a nice thickness, well baked. Looking at the cross sections you can see they're not doughy. The top entries are all good looking buns that look appetising.

Karl Wilson said he was surprised at how many innovations there were out there, from ginger beer to different glazes, from brioche rolls to traditional fruit." It's fantastic how the baking industry is thinking of all these new ideas. It's doesn't have to be traditional any more, does it?"

The number of entries was up on last year, a result, said Michael Gray, of the media exposure and U-Bake's success last year with trading after winning.

The winner stood out on the table: the judges all commented as they were judging just how good that entry – nameless at that stage – was. Michael Gray said that what made the winning buns stand out was the juiciness of the fruit and the well-balanced blend of spices.

"All in all" he said, "the number and quality of entries showed that the competition is achieving its goals: raising the profile and quality of baking in New Zealand.

The top ten

- | | |
|-----------------------------------|--------------|
| 1. Michaels Bakery | Christchurch |
| 2. New World Birkenhead | Auckland |
| 3. Ten O'clock Cookie Bakery Cafe | Masterton |
| 4. U Bake | Timaru |
| 5. Daily Bread | Auckland |
| 6. New World Miramar | Wellington |
| 7. Everglade Bakery Café | Manukau |
| 8. Pak N Save Bakery | Masterton |
| 9. Heavens Bakery | Napier |
| 10. Kidd's Cakes & Bakery | Christchurch |



Karen Simpson, Michael Ball, Karl Wilson



THE GREAT NZ HOT CROSS BUN COMPETITION

The winner

The winner of the BIANZ hot cross bun competition, Michael's Bakery in Christchurch, was announced with a nationwide splash on TV One's Seven Sharp on the March 14.

The next morning, proprietor Michael Meaclem told *Slice* that had been at work since 9.30 the previous evening, having snatched just three or four hours sleep during the day. "We've sold a couple of thousand buns this morning," he told *Slice*.

"We're trying to make them as fast as we can mix them and bake them – without jeopardising quality."

Michael has always been keen to pass on his enthusiasm for baking.

Having spent many years teaching baking at Christchurch Polytech, later Ara, and more recently passing on his skills as an advisor and trainer with Bakels, Michael is now back full time in his bakery, "doing the early hours," as he puts it, "loving very minute of it," though he is still doing some part-time contract teaching.

Hide was at pains to share the kudos of the win. "It might be called Michael's Bakery, but it's very much a team effort.

"We're very proud of our buns with the long fermentation method and lots of Kiwi butter and goodness, and we're getting lots of customers coming back for more," he said.



BIANZ president Kevin Gilbert presents the trophy to Michael Meaclem.

Photo by David Baird



Baker Gareth Wood applies the choux mixture crosses.

Photo by David Baird



Kevin Gilbert and Michael Meaclem under the nationwide gaze.



Hilary Barry and Jeremy Wells with a sample batch 'tested' by TVNZ.



Michael Meaclem shows TV viewers how it's done.



Photos by David Baird



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Benefits of using Pinnacle Fresh Compressed Yeast:

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- Excellent dispersion in dough in all mixer types
- Excellent tolerance to low dough temperatures (in comparison to dry yeast)
- Flavour compounds for a desirable flavour and aroma
- Fast and efficient gas production in dough
- Consistent gassing activity
- Yeast strain suits New Zealand conditions

Approximate Yeast Conversion

Instant Dry Yeast	Pinnacle Fresh Compressed Yeast
1.2 kg	3 kg

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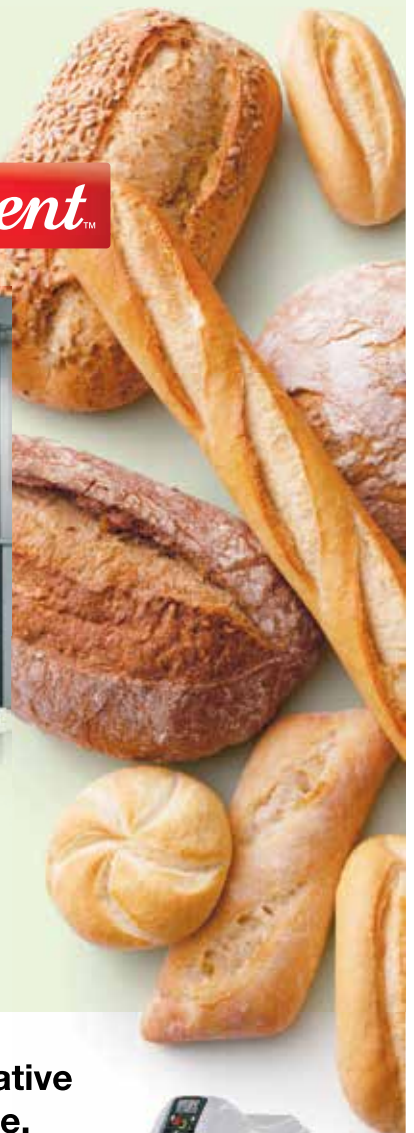
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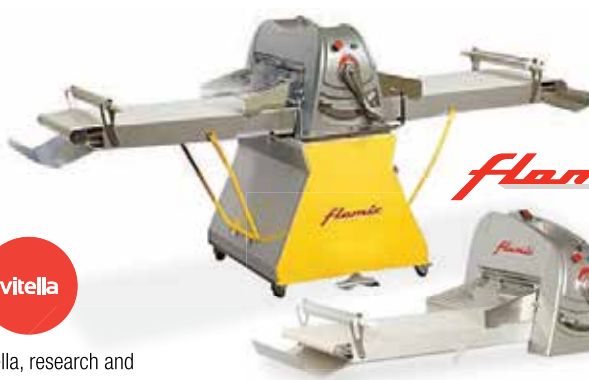


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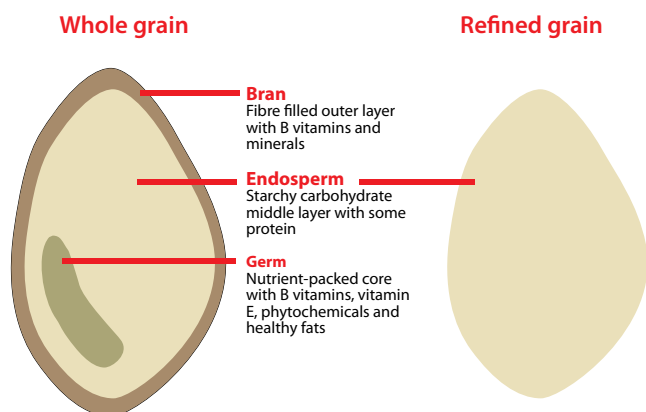
Roy West M: 021 812 202 | E: rwest@southernhospitality.co.nz
Greg Round M: 021 684 390 | E: ground@southernhospitality.co.nz

Are whole grains good for you?

by Asher Regan

Low-carb diets have risen in popularity, but there are plenty of ways to eat for a healthy heart and a range of carbohydrate intakes are healthy. Our review of the latest evidence shows that it's the quality of carbohydrate that is most important. While carbohydrates can come from various food sources, including fruits and vegetables, we will focus on the predominant source of carbohydrates for New Zealanders – grain foods.

What's inside a whole grain?



A 'whole grain' is a grain that contains the germ, endosperm and bran (see image). When we talk about the quality of carbohydrate we are referring to whether all parts of the grain are in one piece (intact) or whether the grain has been finely ground down to a flour where only the main carbohydrate containing portion (endosperm) remains.

The germ and bran portions of the grain contain the most vitamins, minerals and fibre and as such are the most important parts of the grain to consume for heart health benefits. Removing these parts, as is done for the production of white flour, removes these benefits.

A product can claim it's 'whole grain' if it contains all three parts of the grain but the grain doesn't have to be in one piece and can be broken into smaller pieces like in many wholemeal products. Therefore, the word 'whole' refers to the fact that it contains all three parts, rather than the grain remaining in one piece.

Studies on the glycaemic response (the foods' ability to raise blood sugar) suggest that intact whole grains are best for our bodies, as they take longer to digest and keep us full for longer.

What are intact whole grains?

Intact whole grains are unrefined and close to how they are found in nature such as oats, barley and brown rice. These grains contain a wide range of nutrients including fibre, vitamins, minerals and antioxidants, which are good for heart health and general well-being.

Examples of intact whole grains:

Whole oats
Wholegrain and kibbled wheat
Barley
Bulgar (cracked wheat)
Quinoa
Millet
Buckwheat

What are refined grains?

Refined grains have been processed and are much less like they are found in nature. They contain fewer nutrients and less fibre. Any grain that has had the bran and germ removed and ground to a fine flour is considered a refined grain, including many gluten-free flours.

Examples of refined grains:

White wheat flour
Rice flour
Corn flour
Tapioca flour
White gluten-free flour
White bread, rolls, wraps, flatbreads etc.
Crackers or crispbread
White rice, pasta, couscous
What are whole grain products?
Whole grain products have been through some processing but most of the nutritional benefits still remain, like whole grain bread and wholemeal flour.

Examples of whole grain products

Flours (i.e. wholemeal, rye, buckwheat).
Wheat bran, wheat germ
Wholemeal and mixed-grain breads, rolls, wraps
Whole grain crackers, crispbread and oat cakes
Muesli
Whole wheat biscuits
Bran cereals



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Berry and Lemon Cheesecake Bars

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Recipe

Wholegrain muesli slice

Makes 25 muesli bars

Ingredients

150 g	dates
125 g	peanut butter
1	egg
165 g	jumbo rolled oats
75 g	sunflower seeds
75 g	pumpkin seeds
30 g	plain popcorn

Method

1. Blend the dates, peanut butter and egg until a smooth paste
2. In a mixing bowl mix together the paste with remaining ingredients
3. Push into a lined slice tin 25 × 25 cm
4. Refrigerate until firm
5. Heat oven to 175°C
6. Remove from tin and cut into 25 portions
7. Place muesli bars on baking tray not touching each other
8. Bake for approximately 10 minutes or until slightly browned.



OVERALL FORMULA

Wholemeal Wheat Sourdough:	250g
Farmers Mill Pioneer Flour:	900g
Farmers Mill Purple Wholemeal Flour:	300g
Beetroot Juice:	20g
Salt:	30g
Water:	900ml (variable)

METHOD

1. Place flour, sourdough, beetroot juice and water into a mixing bowl and mix for 2 minutes on slow speed.
2. After 30 minutes autolysis add salt and mix until developed.
3. Place the dough in a well-oiled container and rest for 1 hour.
4. Knock back the dough after the 45 minutes, repeating this another three times with a total of four knock backs. After the last knock back, rest for 30mins and then gently tip the dough onto a bench dusted with purple wholemeal flour, cut out loaves to the desired weights. Shape it and place loafs into proofing baskets.
5. Overnight proofing for 16 hours on 5C.
6. Pre heat oven to 240C
7. Let the dough rest for 5-10 minutes and then bake @240C for 15mins with 20 seconds of steam.
8. Reduce the temperature to 200C and bake for approximately 35 minutes, baking times and temperature are approximate and oven dependant.

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Recipe by Patrick Welzenbach
from Daily Bread.

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Chocolate ganache to fill your pastry tart shells

Ingredients

Fresh cream	260 g
Bakels 52% Chocolate	250 g
Butter	50 g

Method

1. Bring the cream to the boil.
2. Put the chocolate and the butter cut in small pieces into a bowl.
3. Pour the boiling cream into a bowl with chocolate and butter.
4. Mix gently with a spatula until you have a smooth, shining texture.
5. Pour into baked tarts shell and let set in a fridge for few hours.
6. Finish your tart with the **Bakels Diamond Chocolate Glaze**, for a perfect shine and protect your ganache against drying out.
7. You can flavour your ganache by adding **Apito Paste** (15g of Apito Paste for 300g of ganache).



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APPLE & CINNAMON SCROLLS SCONE PREMIX

PROCEDURE

1. Place all the ingredients into a mixing bowl. Using a dough hook mix on slow for 1 minute (do not over mix).
2. Place dough onto a floured bench and press out into a rectangular shape. Rest dough for 5 minutes.
3. Pin out dough into a rectangular shape 80cm long and 30cm wide.
4. Evenly spread 600g of Bakers Spiced Apple and Patisserie filling. Roll up into even thickness and cut into 30 equal sized pieces. Place onto burger trays and rest scrolls for 15 minutes.
5. Bake at 220°C for 14 minutes. (Baking times and temperatures may vary from oven to oven).
6. Cool, pipe over 5g of sweet icing or glaze.



CHEESE & BACON SCROLLS SCONE PREMIX

PROCEDURE

1. Place all the ingredients into a mixing bowl. Using a dough hook mix on slow for 1 minute (do not over mix).
2. Place dough onto a floured bench and press out into a rectangular shape. Rest dough for 5 minutes.
3. Pin out dough into a rectangular shape 80cm long and 30cm wide.
4. Evenly spread 200g of tomato paste then sprinkle 250g of diced bacon and 200g of cheese. Roll up into even thickness and cut into 30 equal sized pieces. Place onto burger trays and rest scrolls for 15 minutes.
5. Bake at 220°C for 14 minutes. (Baking times and temperatures may vary from oven to oven).



SPINACH & FETA SCROLLS SCONE PREMIX

PROCEDURE

1. Place all the ingredients into a mixing bowl. Using a dough hook mix on slow for 1 minute (do not over mix).
2. Place dough onto a floured bench and press out into a rectangular shape. Rest dough for 5 minutes.
3. Pin out dough into a rectangular shape 80cm long and 30cm wide.
4. Evenly sprinkle 200g of frozen spinach then 300g of diced Feta and 5g of coarse pepper. Roll up into even thickness and cut into 30 equal sized pieces. Place onto burger trays and rest scrolls for 15 minutes.
5. Bake at 220°C for 14 minutes. (Baking times and temperatures may vary from oven to oven).



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Salted Caramel & Almond Croissants

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Yields: approximately 25 croissants

Frangipane

Ingredients

100 g unsalted butter
100 g caster sugar
2 eggs
110 g ground almonds

Method

- Cream the butter and sugar. Gradually add the eggs and the dry ingredients and blend together.

Pastry Cream

Ingredients

380 g full cream milk
1 g vanilla paste
2 eggs
100 g caster sugar
28 g plain flour
10 g custard powder

Method

- Scald the milk and vanilla.
- Whisk the eggs and caster sugar together. Add the custard powder and the flour and mix in.
- Add the scalded milk and vanilla. Then return the mixture to the pot and whisk until the mixture boils and thickens and the starch is cooked out.
- Pour the pastry cream onto a clean tray and cover with cling film. Allow to set in the refrigerator.

Assembly

- Blend the cold pastry cream in a mixer with the paddle attachment until smooth.
- Add the Frangipane and blend through.
- Add 400 grams of Barker's Professional Salted Caramel Classic Crème.
- Split the croissants open to create a flap and pipe some of the filling inside.
- Spread some of the filling on the top ensuring to cover the split. Sprinkle with sliced almonds.
- Bake at 190°C for approximately 12 minutes or until the frangipane is cooked.

Berry & Lemon Cheesecake Bars

Gluten Free



Serves: 20

366g gluten free flour (3 cups)
150g ground almonds
250g **Chelsea Raw Sugar** (1 ¼ cups)
300g butter, melted

Filling

1kg cream cheese, softened
285g **Chelsea Caster Sugar** (1 ⅓ cups)
4 eggs (size 7)
5ml vanilla essence (1 tsp)
1 zest of lemon (1 Tbsp)
250g sour cream (1 cup)

Topping

135g frozen berries (1 cup)
15g cornflour (1 Tbsp)
56g **Chelsea Caster Sugar** (¼ cup)

Method

Pre-heat the oven to 170°C conventional bake. Line a 27cm x 38cm deep-sided baking tin with baking paper, making sure it comes up the sides.

Base: Combine the flour, almonds, raw sugar and butter in a food processor and blitz until well mixed. Press mixture into the lined tray and smooth down firmly with the back of a spoon. Bake the base for 10-15 minutes until pale golden.

Filling: Reduce oven temperature to 160°C.

Beat the cream cheese and caster sugar with an electric mixer for about 5 minutes until smooth and creamy, then beat in the eggs one at a time. Reduce speed and beat in the vanilla, lemon zest and sour cream.

Topping: Combine the berries, cornflour and sugar and microwave on high power for 1 minute, stir and continue cooking further if required until the berries have thawed and released their juice and the mixture is thick and glossy (alternatively do this in a saucepan over a medium heat).

To assemble: Pour the filling over the pre-cooked base and smooth the top. Dot the berry mixture over the top then gently drag a teaspoon through it to create swirls in the topping (avoid over mixing). Bake for 30-40 minutes until just set.

Allow to cool before refrigerating. Cut once completely chilled.

Variations

- Swap the berries for other poached fruits such as apricots, peaches or plums or try tropical fruits such as mango and passionfruit.
- For a lightly spiced version, add 1 teaspoon of spice such as ginger or cinnamon to the base mixture.



Nutrition

Contains eggs and dairy.

Service

Must be stored in the refrigerator.

Can be served with a berry coulis and natural yoghurt.

TOTAL COST*	\$24.49
COST PER PORTION	\$1.22
GROSS PROFIT %	70%
SALES TAX %	15%
MIN. SELLING PRICE (per portion)	\$4.69

*Cost based on average wholesale prices March 2016



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